

# MILK MATTERS

WITH  
**BUDDY  
BRUSH**



NATIONAL INSTITUTES OF HEALTH  
National Institute of Child Health and Human Development  
National Institute of Dental and Craniofacial Research



## Note to Parents

This coloring book is designed for children ages 4-8 to help teach them about the importance of milk for building strong teeth and a healthy body. Milk and other dairy products give kids the calcium they need for growth and development.\* Kids ages 4-8 need 800 milligrams of calcium each day. At the end of this coloring book you will find a list of foods high in calcium that can be an excellent part of a healthy diet.

In addition to calcium, it is important for kids to brush their teeth with fluoride toothpaste at least twice a day to help protect their teeth from cavities.

For more information or materials on the importance of milk and calcium, please contact:

Milk Matters

P.O. Box 3006

Rockville, MD 20847

Phone: 1-800-370-2943

Fax: 301-496-7101

Email: [NICHDClearinghouse@mail.nih.gov](mailto:NICHDClearinghouse@mail.nih.gov)

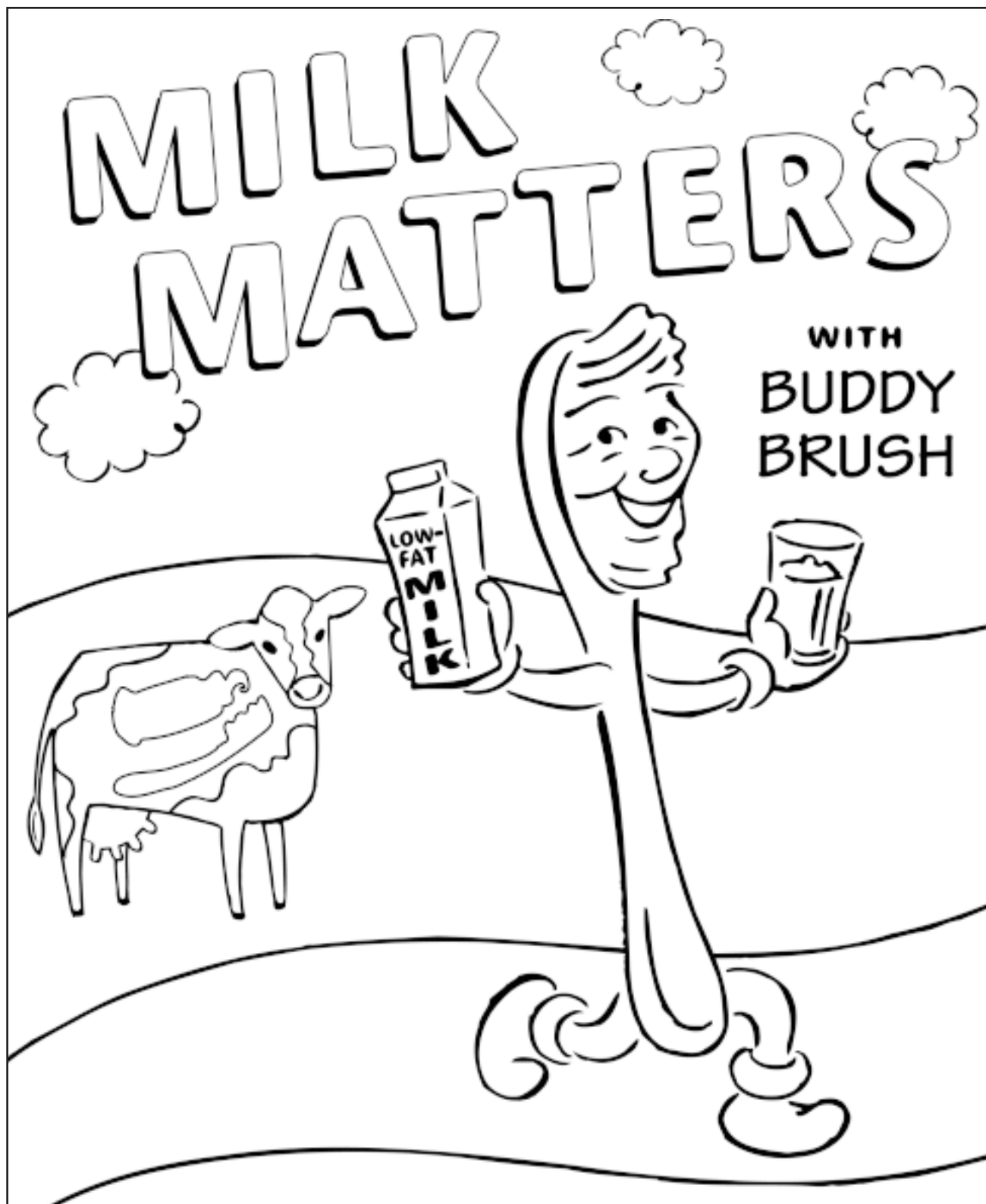
\*Babies under one year old should drink only breast milk or iron-fortified formula. Children ages one to two should drink whole milk. Between ages two and five, parents should gradually switch children to low-fat or fat-free (skim) milk.



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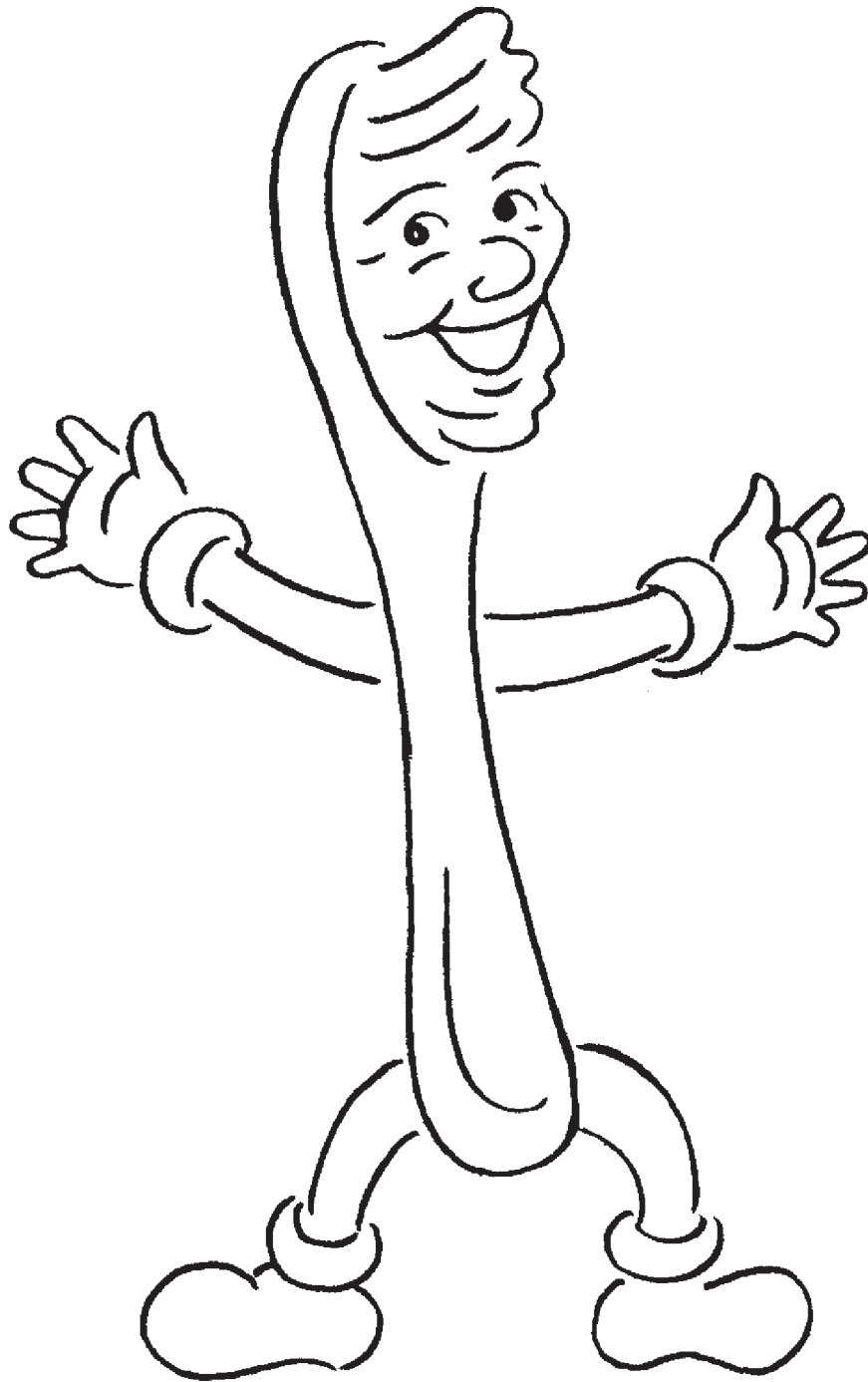


## A COLORING BOOK FOR KIDS

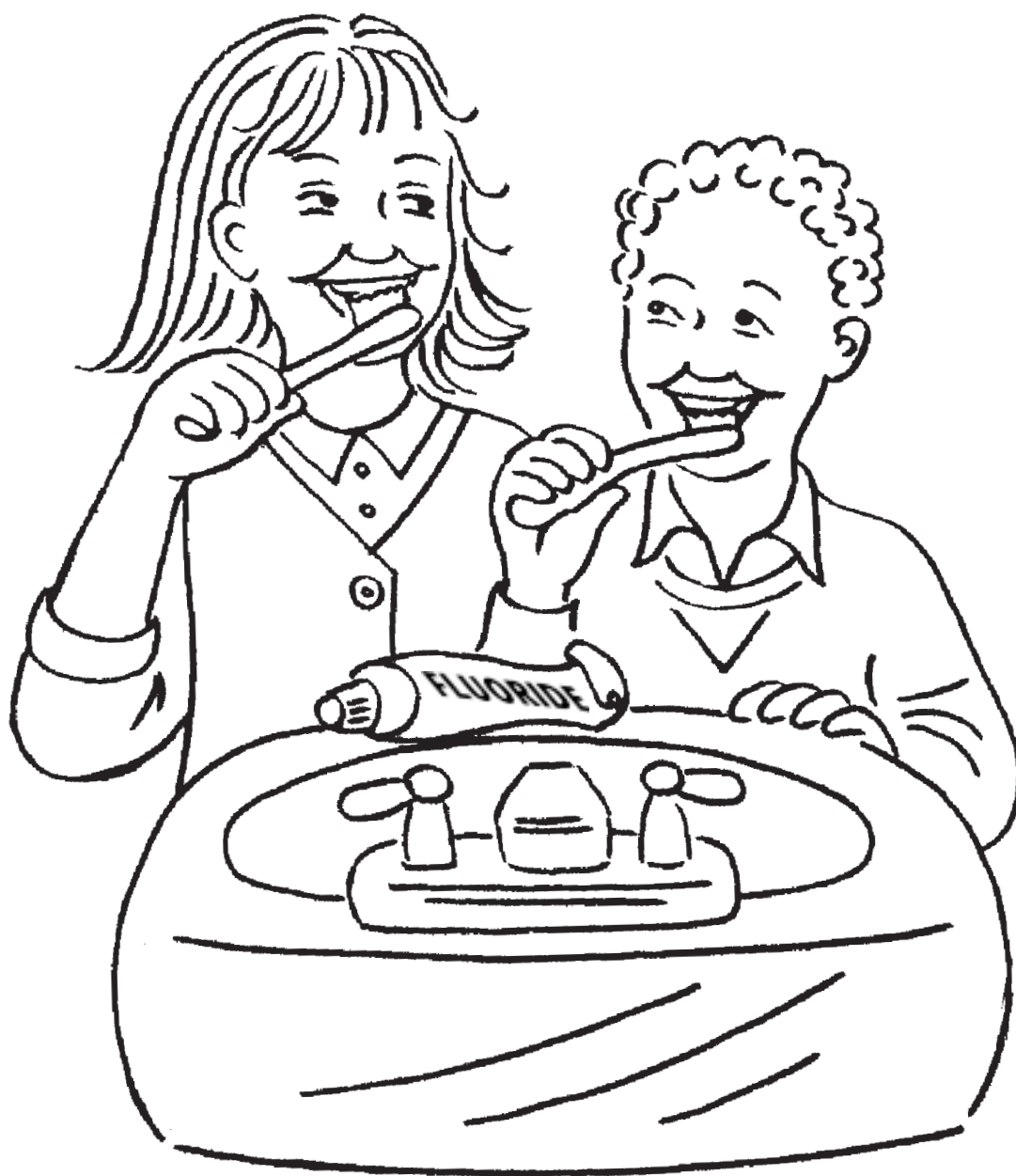
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Have you met  
Buddy Brush?



His job is to make sure  
kids take good care of their teeth.



It makes Buddy feel good  
when kids brush their teeth  
after every meal.



Buddy beams when children drink milk.  
Milk helps keep kids' teeth and bones strong.





Milk matters!

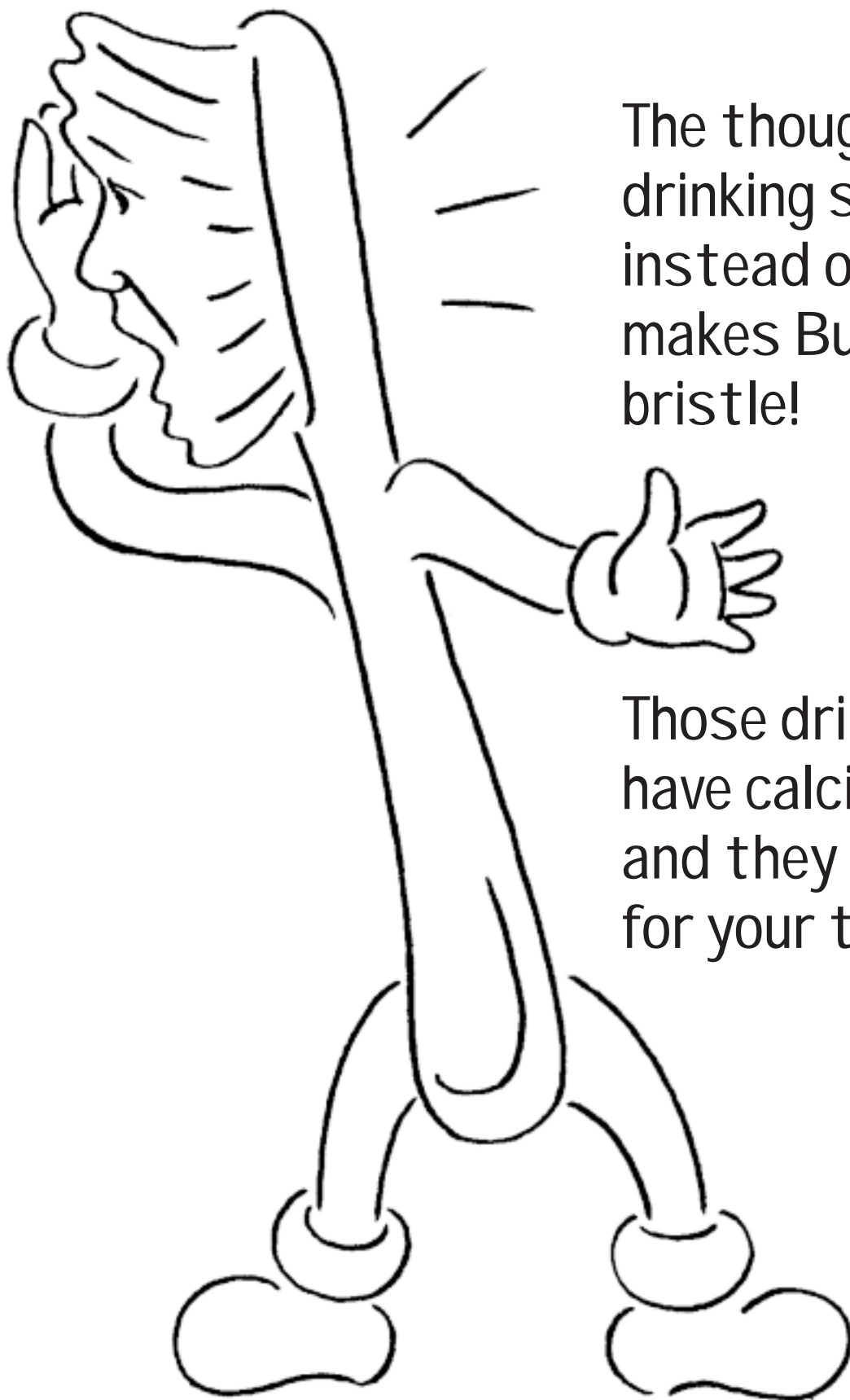
That's because milk has calcium,  
a nutrient that helps your body build  
strong teeth and bones.



Did you say you'd rather have a soft drink  
than a glass of milk with your meal?

Look out!

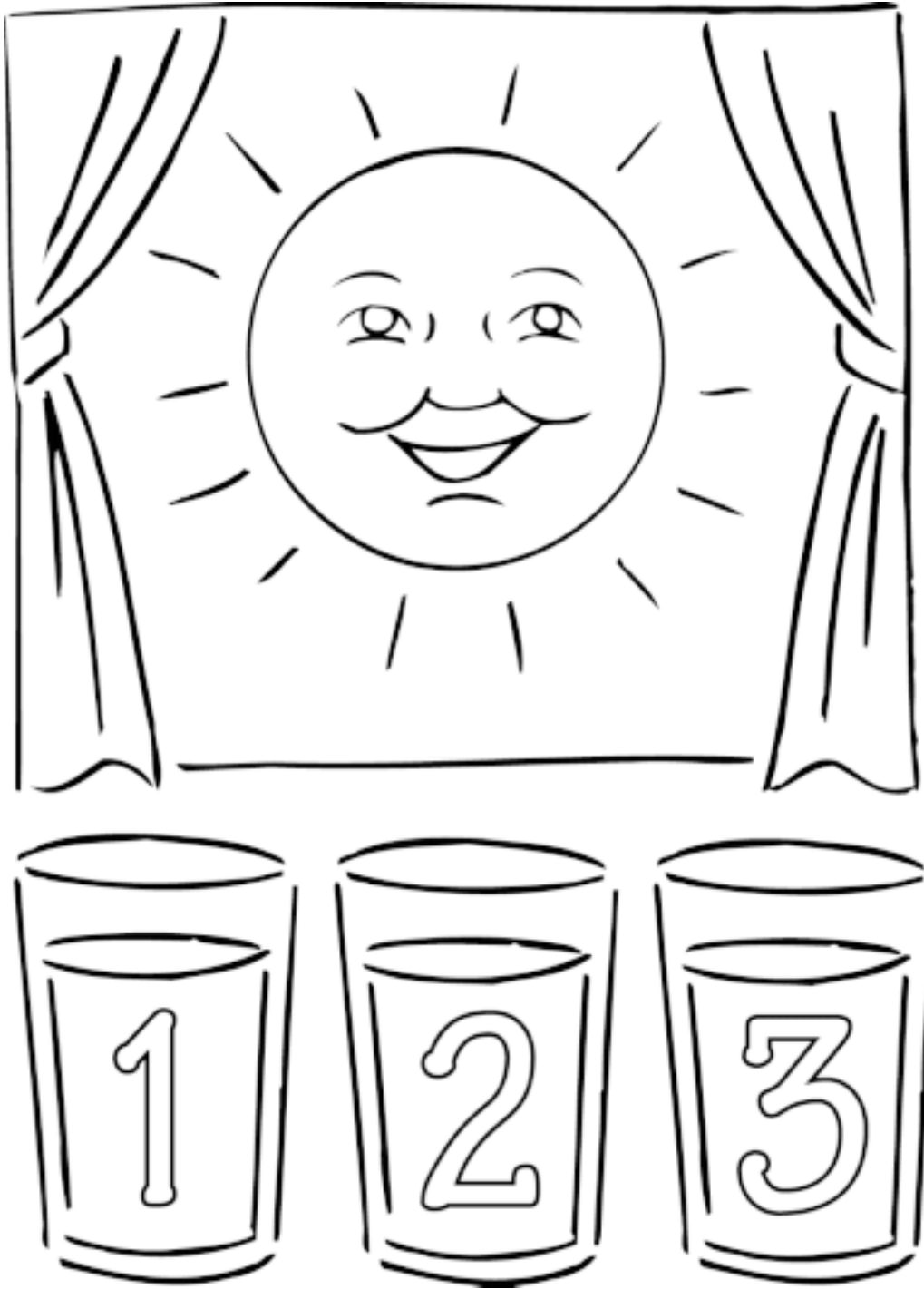




The thought of kids  
drinking sodas  
instead of milk  
makes Buddy  
bristle!

Those drinks don't  
have calcium —  
and they are bad  
for your teeth.

You can help Buddy keep his cool.



Make sure you get enough calcium every day.  
For kids 4–8, that means 3 glasses  
of milk a day.

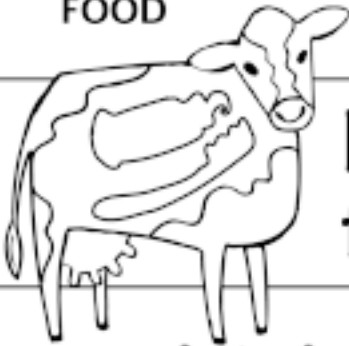








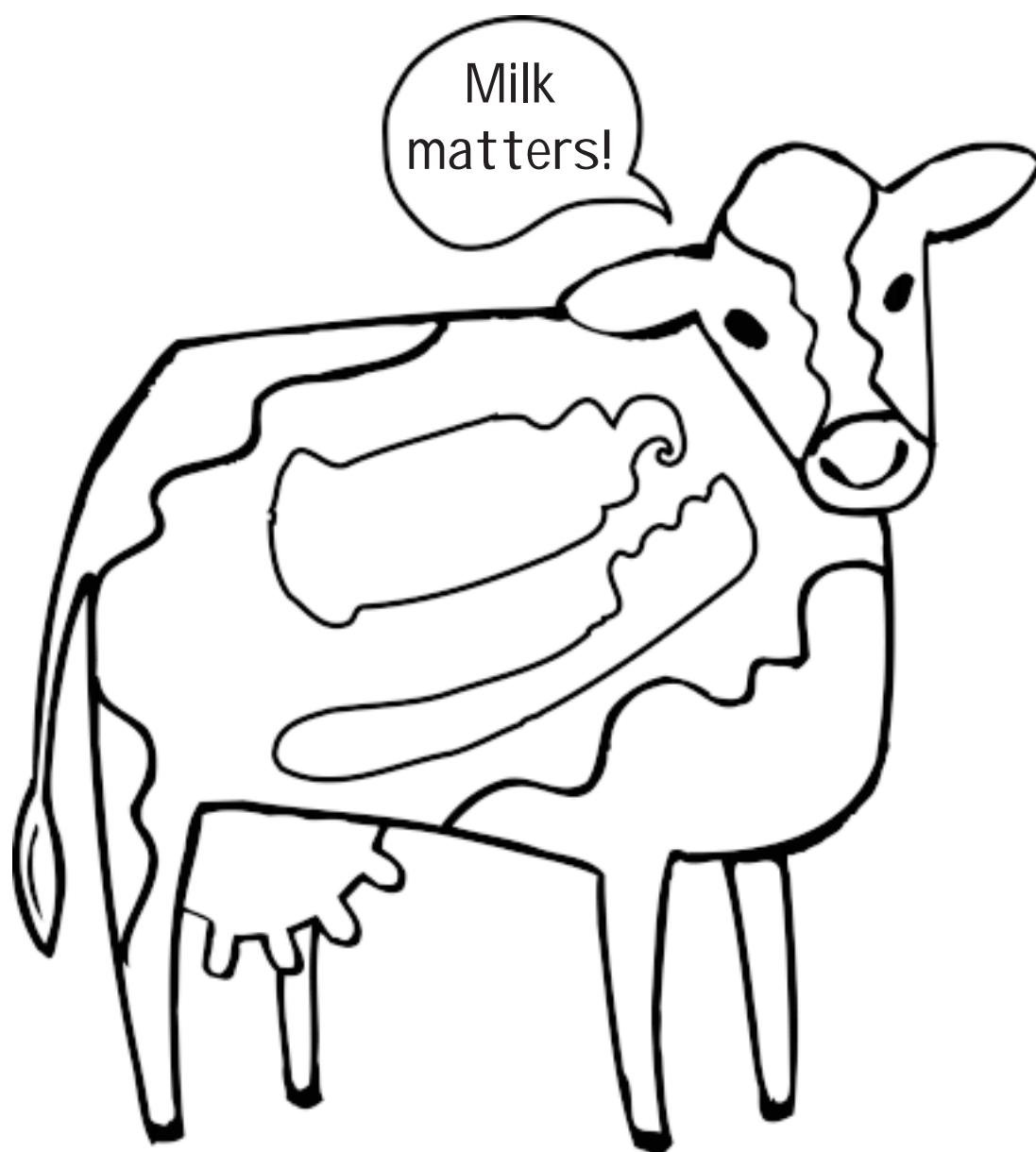
After you drink your milk,  
make sure you brush your teeth  
before you head to bed.



Buddy Brush bets that  
your teeth will last  
a lifetime!

You can get calcium from these good foods:

SERVING SIZE	FOOD	CALCIUM MILLIGRAMS (MG)
8 oz	 <b>low-fat or fat-free milk</b>	300
1 cup	 <b>plain low-fat or fat-free yogurt</b>	400
1 cup	 <b>calcium-fortified orange juice</b>	300
1 slice	<b>cheese pizza</b> 	220
1 1/2 ounces	 <b>low-fat or fat-free cheddar cheese</b>	306
1/2 cup	<b>macaroni &amp; cheese</b> 	180
1 cup	 <b>broccoli</b>	118







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